



On approval of nutrition standards in healthcare and education organizations

Unofficial translation

Order of the Minister of Healthcare of the Republic of Kazakhstan dated December 21, 2020 No. RK HM-302/2020. Registered with the Ministry of Justice of the Republic of Kazakhstan on December 22, 2020 No. 21857.

Unofficial translation

In accordance with subparagraph 103) of Article 7 of the Code of the Republic of Kazakhstan "On healthcare and the healthcare system", **I HEREBY ORDER:**

Footnote. The preamble is amended by the Order of the Minister of Health of the Republic of Kazakhstan dated 04.03.2025 № 16 (effective from 01.09.2025).

1. To approve the attached nutrition standards in healthcare and education organizations.
2. The Committee on sanitary and epidemiological control of the Ministry of Healthcare of the Republic of Kazakhstan, in accordance with the procedure established by the legislation of the Republic of Kazakhstan, shall:
 - 1) ensure the state registration of this order with the Ministry of Justice of the Republic of Kazakhstan;
 - 2) place this order on the Internet resource of the Ministry of Healthcare of the Republic of Kazakhstan after its official publication;
 - 3) within ten calendar days after the state registration of this order with the Ministry of Justice of the Republic of Kazakhstan, submit to the Legal Department of the Ministry of Healthcare of the Republic of Kazakhstan information on the implementation of the measures provided for in subparagraphs 1) and 2) of this paragraph.
3. Control over the execution of this order shall be entrusted to the supervising Vice-Minister of Healthcare of the Republic of Kazakhstan.
4. This order shall enter into force upon expiry of ten calendar days after the date of its first official publication.

*Minister of Healthcare
of the Republic of Kazakhstan*

A. Tsoi

"AGREED"

Ministry of Education and Science
of the Republic of Kazakhstan

Approved
by the order of the
Minister of Healthcare
of the Republic of Kazakhstan
dated December 21, 2020
№ RK HM-302/2020

Nutrition standards in healthcare and education organizations Chapter 1. General provisions

1. These Nutrition standards in healthcare and education organizations (hereinafter referred to as the Standards) have been developed in accordance with subparagraph 103) of Article 7 of the Code of the Republic of Kazakhstan "On Public Health and the Healthcare System" and establish general requirements for catering in healthcare and education organizations.

2. Terms and definitions used in these Standards:

1) food (nutritional) raw materials – products of animal, vegetable, microbiological, mineral, artificial or biotechnological origin and drinking water used for the production (manufacture) of food products;

2) outsourcing is a method of catering for students/pupils, providing for the production and sale of ready meals by a catering facility that supplies catering services using the material and technical base of educational organizations (hereinafter referred to as the catering service provider);

3) baby food products – specialized food products intended for the nutrition of children (for children from 0 to 3 years old, preschool age from 3 to 6 years old, school age from 6 years and older) that meet the appropriate physiological needs of the child's body and do not harm the health of the child of the appropriate age;

4) brakerage – assessment of the quantity and quality of food products and ready meals, including taste (of ready meals), smell, appearance, color, consistency, storage conditions, shelf life and the availability of accompanying documents confirming their origin, safety and quality;

5) buffet meals are a form of catering that provides a limited range of finished products with on-site consumption, as well as their preparation from semi-finished products of a high degree of readiness;

6) ready-made dish - food products (dish) ready for consumption;

7) healthcare organization – a legal entity engaged in activities in the field of healthcare;

8) dietary therapeutic food products – specialized food products with a given nutritional and energy value, physical and organoleptic properties and intended for use as part of therapeutic diets;

9) dietary preventive nutrition food products – specialized food products intended for the correction of carbohydrate, fat, protein, vitamin and other types of metabolism, in which the content and (or) the ratio of individual substances relative to their natural content has been changed, and (or) which contains substances or components that were not originally present, and also, food products designed to reduce the risk of developing diseases;

10) inedible index – the amount of food leftovers that remain on the plates in relation to the total volume of dishes sold;

11) catering is a method of catering in educational organizations that do not have a food store, providing for the manufacture, delivery and sale of ready meals by a catering facility that provides catering services without using the material and technical base of the educational organization;

12) daily menu – a menu for each day according to a planned four-week seasonal menu, which is posted every day on a dedicated stand, the official Internet resource of the relevant educational organization, or distributed through other communication channels accessible to students/pupils and their legal representatives. It indicates the name of the dishes, the size of the portions, as well as the replacement of dishes for students/ pupils with food allergies and other special dietary needs;

13) lunch bags are food packages containing hot sandwiches wrapped in parchment (made from rye or whole-grain bread with meat (horse meat, beef, or chicken), or cheese and vegetables), as well as natural fermented dairy products, fruits, and beverages. Lunch bags are pre-packed in paper bags allowed for contact with food products;

14) basic cuisine is a catering model in which the process of cooking and serving ready meals is implemented by educational organizations independently (by employees included in the staffing table of the educational organization) or by a catering service provider;

15) prospective four–week seasonal menu - a document containing a set of dishes, output (mass) of their portions suitable for different ages, taking into account the special dietary needs of students / pupils, seasonality (winter-spring, summer-autumn), nutritional, energy value and the need for essential vitamins and trace elements;

16) food supplier – the operator of the food market, which supplies food products and food raw materials;

17) menu layout is a document compiled for the current day on the basis of a planned four-week seasonal menu, taking into account technological cards for dishes and products, which indicates the full name of the dishes and their theoretical output for each age group, the number of servings for students / pupils of different age categories, the amount of food needed to complete menu (gross/net weight): in the numerator – for one student/pupil, in the denominator – for all students/pupils;

18) perishable food products brakerage log – a journal that records the quantity of food raw materials and semi-finished products, and the timing of their sale, the results of an organoleptic evaluation maintained in electronic or paper form;

19) perishable food products – food products whose shelf life does not exceed 5 days, unless otherwise established by technical regulations for certain types of food products, requiring specially designed temperature conditions for storage and transportation in order to preserve safety and prevent the development of pathogens, spoilage microorganisms and (or) the formation of toxins in it to the levels dangerous to human health;

20) process card / layout card is a document containing the name of the dish (product), the names and quantity of ingredients, gross and net weight, total weight of the dish (product),

recipe and description of the technological process of making the dish (product), conditions for the design and serving of the dish (product), indicating the food and energy value, organoleptic parameters, presence of allergens in the dish (product) and storage conditions;

21) basic kitchen is a catering model identical to the "basic kitchen" model and provides for the performance of catering functions by delivering ready-made hot food to nearby educational facilities where hot food preparation is impossible or economically impractical;

22) buffet – a model of catering with an independent choice of dishes from the offered assortment;

23) hot meals – organized meals that include at least one hot meal at each meal, not including a hot drink;

24) shipping documents – commercial and transport documents for goods transported across the customs border of the Eurasian Economic Union;

25) enteral nutrition food products – liquid or dry (reduced to ready-to-use) food products of dietary therapeutic or dietary preventive nutrition intended for oral consumption directly or administration through a probe if it is impossible to provide the body with nutrients and energy in the usual way.

Chapter 2. The order of catering in healthcare organizations

3. The organization of therapeutic nutrition consists of the following main sections that require specific implementation in each healthcare organization:

1) clinical issues of the organization, which include the principles of building therapeutic nutrition, the system of its appointment, diet and nutrition standards;

2) technical issues of the organization, covering the methods of menu preparation, the prescription accounting system, the order of products, the organization of the technological process in the kitchen, the food delivery system from the kitchen, food quality control and the organization of patient care;

3) issues of medical nutrition management and personnel training;

4) sanitary and technological issues of the organization, which includes the system of building food stores and transporting food, equipment and inventory, sanitary requirements for the maintenance of the food store.

4. Basic, permanent diets are established in each health organization and other diets are applied as necessary. It is also possible to make certain adjustments to the prescribed diet in connection with special indications. Additional dietary prescriptions or restrictions are made by prescribing products with certain medicinal properties (cottage cheese, liver, milk, watermelon, apples, garlic), or by adding or limiting nutrients (proteins, fats, carbohydrates, salts, vitamins).

5. Upon admission of a patient to a healthcare organization, therapeutic nutrition is prescribed by the doctor on duty. The prescribed diet is entered in the medical record and at

the same time in the consolidated order for all incoming patients, which is sent to the food department at the set time.

6. The patient's diet is prescribed individually in accordance with the specific objectives of comprehensive treatment.

7. The dietary nurse of the food department, based on information received from all departments, compiles summary information on the availability of patients who are on nutrition.

8. Based on the summary information, the dietary nurse, with the participation of the head of production (chef) and accountant, under the guidance of a nutritionist, prepares a menu layout in accordance with the prescribed form for the nutrition of patients the next day.

9. The menu layout is compiled according to the consolidated seven-day menu (autumn-summer and winter-spring), taking into account the average daily set of food items, approved daily by the head of the health organization and signed by a nutritionist, accountant, head of production (chef). In the menu layout, the dietary nurse puts down in the numerator the number of food items for cooking one serving of each dish, in the denominator the accountant (calculator) indicates the number of products needed to prepare all portions of this dish.

10. Based on the final data, a request is issued for the delivery of food from the warehouse (pantry).

11. Some adjustments are made to the prescribed diet, depending on the patient's personality and the nature of the course of the pathological process. Such amendments are made by additionally prescribing certain products with certain medicinal properties (for example, cottage cheese, liver, milk, apples, and others), excluding from the diet, if necessary, an appropriate amount of other products, as well as by adding or limiting nutrients (proteins, fats, carbohydrates, water, vitamins, minerals salts).

12. The number of diets used in each healthcare organization increases with the introduction of differentiated therapeutic nutrition, as well as, as a result of the development of new clinically sound diets. In all cases, it is necessary to maintain the nomenclature of diets, designating new diets with the same numbers with an additional letter indicating the variant.

13. For children who are on mixed nutrition, the volume of the mixture is calculated individually. Children who are exclusively breastfed do not receive adapted milk formulas. Milk formula for children is selected taking into account pathological conditions and diseases. Certain types of products of children's dietary therapeutic and children's dietary preventive nutrition for children comply with the requirements set out in Annex 3 to the technical regulations of the Customs Union "On the safety of certain types of specialized food products, including dietary therapeutic and dietary preventive nutrition" (TR CU 027/2012).

14. In all healthcare organizations, four meals a day are prescribed, according to indications in individual departments or for certain categories of patients, more frequent meals (five- to six-course meals) are used.

15. The time of patients' meals is determined by the number of meals and the general daily routine in healthcare organizations.

16. With a five-course meal, a second breakfast is introduced, and with a six-course meal, a second dinner is also introduced with a more or less even distribution of the daily ration.

17. Average daily food sets are the basis for the preparation of therapeutic diets in healthcare organizations. Nutrition standards for patients in healthcare organizations are established by the Decree of the Government of the Republic of Kazakhstan dated January 26, 2002 № 128 "On approval of natural nutrition standards and minimum standards for soft equipment for state healthcare organizations of the republic."

18. In the absence of a complete set of products in the food department, provided for in the consolidated seven-day menu, it is possible to replace one product with another while maintaining the chemical composition and energy value of the medicinal rations used.

19. A layout card is drawn up for each dish prepared in healthcare organizations (the technology of cooking the dish is described on the back of the card).

20. General nutrition management in healthcare organizations is carried out by the head or his deputy for the medical part, and in departments – by the heads of departments.

21. In order to coordinate all work on the use of therapeutic nutrition in multidisciplinary healthcare organizations, a Council on therapeutic nutrition (hereinafter referred to as the Council) is being established, which develops measures on the main issues of the organization of therapeutic nutrition. The Council consists of the head of a healthcare organization or his deputy for medical affairs, a dietitian (other specialist), heads of departments of gastroenterology (therapy), intensive care, surgery, pediatric department, a dietitian nurse, a production manager (chef, cook) and representatives of interested non-governmental organizations.

22. The Council's tasks include improving therapeutic nutrition, monitoring compliance with the preparation of average daily food sets, creating an effective organization of therapeutic nutrition, introducing new technologies for dietary and enteral nutrition, developing a range of diets, enteral nutrition mixtures to be implemented in this organization, a prospective menu, a menu of dishes and a set of mixtures for enteral nutrition.

23. All issues related to the organization of therapeutic nutrition in healthcare organizations are systematically (at least 2 times a year) heard and resolved at Council meetings.

24. Direct scientific, methodological and organizational management of therapeutic nutrition in healthcare organizations is carried out by a dietitian. In healthcare organizations where the position of a dietitian is not provided, the management of therapeutic nutrition is assigned to one of the attending physicians or a dietitian nurse.

25. The management of the hospital kitchen is assigned to a dietitian nurse who works under the medical supervision of a doctor. The functions of the dietary nurse include monitoring the sanitary and hygienic and technological process in the kitchen, checking the

quality of products upon their arrival in the warehouse and kitchen, monitoring the proper storage of food, proper release of food from the kitchen, organization of food distribution in the canteens, as well as monitoring the timely conduct of preventive medical examinations of food store employees and the prevention of the work of persons who have not passed a preliminary or periodic medical examination.

26. Direct cooking is carried out under the supervision of a senior chef-foreman.

27. The food is placed in the boiler in the presence of a nutritionist (dietitian's nurse). Food products are pre-weighed regardless of the fact that they were received by weight from the warehouse (pantry).

28. The control of ready-made food before its delivery to the departments is carried out by the doctor on duty and once a month by the head (or his deputy for medical work), and is also carried out by a dietitian, a dietitian nurse, the head of production (or chef) regardless of the test performed by the doctor on duty.

29. The training plan for the production staff of the kitchen includes classes on the sanitary minimum.

30. Food products for cooking in healthcare organizations are accepted in the presence of documents confirming their conformity (veterinary certificate, declaration of conformity, certificate of conformity, certificate of state registration).

31. Not allowed:

1) the use of dietary therapeutic and dietary preventive nutrition of poultry meat, except chilled, mechanically deboned poultry meat and collagen-containing raw materials from poultry meat for the production of food products;

2) the use of food raw materials containing genetically modified organisms (hereinafter referred to as GMOs) and (or) components derived from GMOs for the production of dietary therapeutic and dietary preventive nutrition for baby food.

32. In the food halls of the health organization, the following is strictly observed:

1) requirements for the establishment of a food store, sanitary maintenance and cooking technology provided for by the current sanitary rules for public catering enterprises and healthcare facilities;

2) requirements for the conditions and terms of food storage;

3) requirements for mandatory preventive and medical examinations of employees of the food store, dispensaries and buffets.

33. In the absence of centralized food delivery, special vehicles (covered) are allocated for their transportation. It is not allowed to use special transport for other purposes (transportation of linen, equipment, patients).

34. Thermoses, thermos trolleys, marmite trolleys or tightly sealed dishes are used to transport ready-made food from the food store to the buffet compartments.

Chapter 3. The order of catering in educational organizations

35. The requirements of this chapter apply to catering organizations in educational institutions in accordance with the Order of the Minister of Education and Science of the Republic of Kazakhstan dated February 22, 2013 № 50 "On approval of the nomenclature of types of educational organizations" (registered in the Register of State Registration of Regulatory Legal Acts № 8390), except for sanatorium organizations.

36. Catering provides for:

1) determination of the method, form, model, mode (multiplicity) and schedule of catering in accordance with the profile of the educational organization, the length of stay of students / pupils, their age;

2) the interaction of all participants in the catering organization, including educational authorities, the administration of educational organizations, and food service providers;

3) identification of persons responsible for catering in educational institutions;

4) preparation of a planned four-week seasonal menu, daily menu layouts and menus;

5) keeping records of students/pupils, including those with special dietary needs, provided with hot meals at the expense of budgetary funds, for their own or other borrowed funds;

6) maintenance of the equipment and facilities of the dining room (food hall) in proper working order, their constant updating, provision of sufficient dishes, furniture, uninterrupted operation of power supply systems, water supply and sanitation, ventilation and air conditioning;

7) accounting and reporting documentation on catering is carried out in accordance with Appendix 2 to these Standards and the requirements of the Rules for Documentation, Document Management and the Use of electronic Document Management Systems in state and non-governmental organizations, approved by the Order of the Minister of Culture and Sports of the Republic of Kazakhstan dated August 25, 2023 № 236 (registered in the Register of State Registration of Regulatory Legal Acts № 33339);

8) implementation of production control over the quality and safety of food products and ready meals, catering, compliance with the legislation of the Republic of Kazakhstan in the field of food safety and the sphere of sanitary and epidemiological welfare of the population.

37. The methods of catering are:

1) preparation and sale of ready meals by educational organizations independently (by employees included in the staff schedule);

2) catering in educational institutions by an outsourced or catering service provider.

Outsourcing or catering is not allowed in preschool organizations, and catering is not allowed in educational and recreational organizations;

3) organization of food retail through a buffet, except for preschool organizations.

38. Technological forms of catering are:

1) basic kitchen (food hall), which meets the requirements of the Sanitary Rules "Sanitary and epidemiological requirements for public catering facilities", approved by the Order of the Minister of Health of the Republic of Kazakhstan dated February 17, 2022 № KR DSM-16 (

registered in the Register of State Registration of Regulatory Legal Acts № 26866) (hereinafter referred to as Sanitary Rules № 16);

2) a support kitchen, which involves the delivery of ready meals (ready meals) in special thermal insulation boxes, containers intended for food products. The food unit of the main kitchen meets the requirements of Sanitary Rules № 16, is provided with a packing and packaging area for ready meals (ready meals) with a separate exit for food delivery to education organizations and reception of recycled containers and dirty dishes in compliance with the accuracy of their movement;

3) buffet meals provide for the sale of a limited range of finished products, it is allowed to prepare dishes from semi-finished products of a high degree of readiness. The requirements for food products intended for sale in buffets in educational institutions are established in accordance with Appendix 3 to these Standards.

39. The models of catering are:

1) the single-profile menu (or a standard menu) that defines one set of dishes and does not provide for consumers to choose their own dishes;

2) the multi-profile menu, which contains several sets of dishes, provides for an independent choice of dishes such as "buffet", "lunch packages". Meals are served by an employee of the canteen (food hall).

The buffet catering model is applied at the choice of the educational organization and does not apply to preschool organizations. The "lunch packages" catering model is used in small schools and educational institutions where there is no food hall.

40. The process of food consumption by students/pupils is organized in such a way that students/pupils of all ages receive food according to a set schedule and have enough time to consume it.

41. Variants of the organization of the regime (multiplicity) of nutrition can be:

one-time - hot meals;

two meals a day – breakfast and lunch or lunch and dinner (two hot meals);

three meals a day – breakfast, lunch and afternoon snack or breakfast, lunch and dinner or lunch, afternoon snack and dinner (two hot meals and one snack or three hot meals);

four meals a day – breakfast, lunch, afternoon snack, dinner or breakfast, second breakfast , lunch, dinner (three hot meals and one snack);

five meals a day – breakfast, second breakfast, lunch, afternoon snack, dinner (three hot meals and two snacks);

six meals a day - breakfast, second breakfast, lunch, afternoon tea, dinner, second dinner (three hot meals and three snacks).

42. In educational institutions with a day stay of four hours or more, students/pupils are provided with hot meals.

When organizing a one-time hot meal, meals are provided no earlier than the break after the second lesson of any academic shift with an allocation of 10 to 30 minutes for meals.

At the same time, the regime (multiplicity) of meals for stays of four to eight hours is provided once or twice a day, depending on the decision of the head of the educational organization. Educational institutions with students / pupils staying from eight to twelve hours provide at least three meals a day, more than twelve hours – at least four meals a day, with a round-the-clock stay - at least five meals a day.

43. The interval between all meals does not exceed 3.5 - 4 hours.

44. The formation of a list of students /pupils receiving meals, including those with special dietary needs, is carried out by the class teacher (tutor), or a person replacing him, who provides relevant information to the responsible person for further catering on a daily basis.

The person responsible for catering is appointed by order of the head of the educational organization and coordinates and monitors the work of employees of the canteen (food unit) and the catering service provider on catering, sanitary and hygienic condition of the canteen (food unit), buffet, quality, safety, conditions, shelf life of food products, compliance with a planned four-week seasonal menu, daily menu-layouts and menus; provides the head of the educational organization with recommendations on the regime, method, form and schedule of meals, ensuring the drinking regime of students / pupils; keeps general records of students / pupils provided with hot meals, including those with special dietary needs; participates in the work of the brakery commission; monitors the timely passage of preventive medical examinations by employees of the food department and ensures daily health checks for them; ensures that the feedback and suggestions of students and their legal representatives regarding the quality of food are recorded.

45. A medical professional implements and adheres to the principles of rational nutrition; participates in the work of the brakery commission; conducts a daily organoleptic assessment of the quality of ready meals and culinary products at food stores before distribution, making entries in the log in accordance with the requirements of Sanitary Rules № 16; forms and submits to the person responsible for catering a list of students /pupils with special dietary needs and monitors the provision of dietary nutrition; organizes and conducts educational seminars, trainings and lectures on disease prevention, promotion and formation of a healthy lifestyle among schoolchildren, involving their legal representatives and teachers in protecting the health of schoolchildren and pupils with educational and explanatory activities, ensures compliance with the requirements of sanitary rules in the framework of protecting the health of schoolchildren and pupils; monitors the output of ready meals, the norms of the formation, the chemical composition and energy value of the diet in case of changes to the planned menu and replacement of food products; carries out weekly selective monitoring of the health of the staff of the food department.

These functions of a medical professional are performed by a dietitian nurse, if available in the educational organization.

Educational institutions provide conditions for the work of a medical professional on a daily organoleptic assessment of the quality of ready meals and culinary products before their distribution, with a mark of the results in the bakery journal.

The medical staff of the educational organization undergoes advanced training in nutrition at least once every five years. Professional development is carried out in the form of participation in specialized educational programs, conferences, seminars and master classes. The professional development program includes the basics of healthy nutrition for children and adolescents, the prevention of diseases related to unbalanced nutrition and the organization of meals in educational institutions.

46. The following is not allowed at catering facilities in educational institutions:

1) organization of zones in industrial premises that make it difficult to remove sources of contamination of food products;

2) the use of mercury thermometers;

3) reception, use (application), storage, transportation and production of food products that:

do not comply with the requirements of technical regulations;

have obvious signs of poor quality (spoilage, decomposition, contamination);

do not have shipping documentation that ensures traceability, conformity assessment (confirmation) documents confirming product safety, including those provided for by technical regulations;

have no set expiration dates or expired dates;

do not have a label or do not have storage conditions on the label, or the storage conditions of which do not correspond to the temperature and humidity conditions of its storage indicated in the label and (or) shipping documentation;

do not have veterinary identification marks (stamps for meat in carcasses, half-carcasses, quarters, animal slaughter products for which legislation provides for such identification);

in packaging not intended for contact with food products, opened, leak-proof, damaged, contaminated;

is a food product of non-industrial (home-made) manufacture, subjected to heat and (or) other processing;

packed under vacuum;

with traces of insects, rodents, as well as directly detected insects and rodents in the food itself;

contain prohibited and restricted food additives, flavorings, ingredients and food (food) raw materials;

is a food product for which temporary sanitary measures have been introduced by one of the member states of the Eurasian Economic Union;

poses a threat of the emergence and spread of infectious diseases or mass non-communicable diseases and poisoning, including when it is recognized as dangerous to

human health and the environment based on the results of sanitary and epidemiological expertise;

with violations of the conditions and mode of transportation (storage);

4) sale of food products classified as sanitary defects. Such products are collected in a special marked container for subsequent disposal;

5) freezing of snow and ice (formation of ice) on the internal surfaces of rooms of refrigerating chambers, refrigerated containers of refrigerating equipment, on packages with food products;

6) storage of food products near water and sewer pipes, heat supply devices;

7) warehousing and storage of food products directly on the floor, unpacked in the transport packaging of food products.

47. Food purchases are carried out taking into account a planned four-week seasonal menu, recipes, and food availability.

48. Each batch of food (food) raw materials, semi-finished products, food products and auxiliary materials used for the manufacture of dishes, during reception, storage, transportation and sale, is accompanied by shipping documentation ensuring traceability, as well as conformity assessment (confirmation) documents confirming safety. Compliance is confirmed by a declaration of conformity (all foods and beverages except unprocessed, specialty, vinegar); veterinary and sanitary examination (unprocessed products), state registration (specialized children's and dietary products).

49. For perishable food products, shipping documentation indicates the time and date of manufacture, storage conditions (temperature, relative humidity) and shelf life of the products

50. Food products are stored in the manufacturer's packaging (container), and when transported to production facilities, food products are transferred to clean, labeled in-house packaging (container).

Food products are not stored in transport packaging (containers) in production facilities, with the exception of canned goods in the manufacturer's packaging.

51. Food products with a specific odor (spices, fish) are stored and transported separately from food products that absorb other odors (raw meat, butter, cheese, salt, sugar and confectionery).

52. The list of food (food) raw materials that are not allowed in the production (manufacture) of food products in educational institutions is determined in accordance with Appendix 4 to these Standards.

53. Food products and food raw materials are received and rejected from suppliers as they are received by the storekeeper of the canteen or the person responsible for receiving products and raw materials. The inventory of perishable foodstuffs and semi-finished products received from the supplier is kept in accordance with the form specified in Sanitary Rules № 16. The results of the brackering of such food products and food raw materials as raw meat (beef,

horse meat, veal, poultry), fish, milk, kefir and other fermented milk products, sour cream, chicken eggs with a shelf life of more than 5 days are recorded in the accounting and consumption log of incoming food products and food raw materials in accordance with Appendix 5 to these Standards.

54. In case of detection of substandardness, non-compliance with the stated requirements, absence of shipping documents for food products and food raw materials, an act of brakage is drawn up in any form.

Substandard food products and food raw materials are disposed of in accordance with the Rules for the Disposal and Destruction of Food Products that pose a danger to human and animal life and health, and the environment, approved by the Resolution of the Government of the Republic of Kazakhstan dated February 15, 2008 № 140.

55. Transportation (transportation) of food products is carried out in accordance with the requirements of the technical regulations of the Customs Union "On Food Safety" (TR CU 021/2011) (hereinafter referred to as the Technical Regulations), Sanitary Rules № 16 and Sanitary Rules "Sanitary and epidemiological requirements for vehicles for the transportation of passengers and cargo", approved by the order of the Minister of Healthcare of the Republic of Kazakhstan dated January 11, 2021, № KR DSM-5 (registered in the Register of State Registration of Regulatory Legal Acts № 22066).

56. When storing food products, the storage conditions and expiration dates established by the manufacturer are observed in accordance with the requirements of the Technical Regulations.

57. The conditions of production, packaging, storage and sale of food products, rules for washing dishes, inventory, containers, and equipment are required in accordance with Sanitary Rules № 16.

58. The production and sale of food products in accordance with Appendix 6 to these Standards is not allowed in educational organizations.

59. The sale of food products in accordance with Appendix 7 to these Standards is not allowed in educational organizations.

60. Not allowed:

1) mixing ready meals with leftovers, including from the previous day, and selling ready meals the next day;

2) placing cold dishes, gastronomic, confectionery products and beverages outside a refrigerated display case (refrigeration equipment) and selling them in violation of the established shelf life and storage conditions;

3) freezing of unsold ready meals, perishable culinary products for subsequent sale on other days;

4) dressing with sauces (excluding vegetable oils) salad products, first and second courses intended for sale outside the catering facility. Sauces for dishes are delivered in individual consumer packaging;

5) involving unauthorized persons in the preparation, serving, portioning and distribution of dishes, culinary products, as well as personnel who are not responsible for these types of activities;

6) sale of ready meals that have been served for more than two hours since they were made.

61. The sale (delivery) of ready meals is carried out upon completion of their preparation and organoleptic evaluation.

62. In order to ensure a variety of meals, a sufficient rotation cycle of essential foods and healthy dishes offered to students/pupils, a planned four-week seasonal menu (summer-autumn, winter-spring) is being prepared, indicating the output of dishes by age groups and the buffet assortment. The recommended weight of meals, depending on age, for preschool and school-age children is presented in accordance with Appendix 8 to these Standards.

63. The planned four-week seasonal menu complies with the nutritional standards established by the Resolution of the Government of the Republic of Kazakhstan dated March 12, 2012 № 320 "On approval of the size, sources, types and Rules for providing social assistance to citizens who receive social assistance" and Appendices 1 and 9 to these Standards, and also takes into account the special dietary needs of students/pupils, seasonality, the range of domestic products produced in the region, the principles of forming a healthy diet. Based on a planned four-week seasonal menu, a daily menu and a menu layout are compiled.

64. The planned four-week seasonal menu for mandatory one-time hot meals and the assortment list of buffet products in educational institutions where meals are provided at the expense of local executive bodies are approved by the health authorities.

In other educational institutions, the planned four-week seasonal menu and the assortment list of buffet products are approved independently in compliance with the requirements of these Standards.

65. A planned four-week seasonal menu for single-use hot meals is being developed on the basis of a standard menu developed by the Ministry of Health of the Republic of Kazakhstan. It is allowed to use a standard menu without changes, as well as to make adjustments with the replacement of products of equivalent chemical composition in accordance with Annex 10 to these Standards, while maintaining nutritional value, taking into account the opinions / suggestions of students / pupils and their legal representatives, the range of domestic products produced in the region.

66. The head of the educational organization, in accordance with the planned menu approved by the health management body, approves the menu layout and menu for the upcoming day on a daily basis, the menu is placed in the dining room and in a place accessible to the legal representatives of students, as well as posted on the official Internet resource of the educational organization.

67. When catering is provided by a catering service provider, the menu layout and menu are approved by the head of the catering facility (business entity), coordinated by the head of the educational organization in which the catering is organized.

68. The menu excludes the repetition of dishes of the same name, side dishes or culinary products during one day and in the next two calendar days, including when using the buffet system.

69. Ready meals contain a limited amount of added salt and sugar in accordance with these Standards. When cooking, only iodized salt is used. When using salt for cooking, a daily allowance of no more than 2 grams (hereinafter referred to as g) is taken into account. per day per child for 2-3-year-olds, no more than 2.5 g per child for 4-6-year-olds, no more than 3 g per day per child for students in grades 1-4 and no more than 4 g per day a day per child for students in grades 5-11 (12), depending on the frequency of meals. Salt shakers are not placed on dining tables to avoid adding salt to food.

When using sugar for cooking, a daily allowance of no more than 17 g per child for 2–3-year-olds, no more than 22 g per child for 4–6-year-olds, no more than 26 g per child for students in grades 1-4, no more than 31 g per day per child for students in grades 5-7, no more than 34 grams per child for students in grades 8-11 (12), depending on the frequency of meals.

For 100 g of ready meals, no more than 0.3 g of salt (0.3% of the weight of the finished product), no more than 5 g of added sugar (5% of the weight of the finished product) is allowed.

70. When planning nutrition in educational institutions, at least 75% of plant-based products (vegetables, fruits, cereals, legumes, berries, nuts, seeds) are included in the diet.

71. The frequency of including vegetables and fruits in the menu in educational institutions with a food multiplicity of 5 times or more during the day is a total of five servings, with a ratio of three servings of vegetables to two servings of fruit.

72. Fresh, frozen, dried, pickled, and processed vegetables, fruits, and berries are provided for in different seasons of the year. The salt content in processed vegetables is not more than 0.3% of the weight of the finished product. Processed and dried vegetables, fruits and berries are provided without the addition of sugars and sweeteners.

73. Products made from grain products: porridges and pasta are offered as separate dishes or as side dishes. Preference is given to whole-grain products with a higher fiber content.

74. Bread, bakery products, and flour culinary products are prepared from a dough based on rye and (or) whole grain, wheat, mixed, gluten-free flour, high in fiber, with the addition of bran and seeds.

Fortified wheat flour of the highest and first grade is used.

75. Legumes (green peas, beans, peas, lentils, mung beans, chickpeas) are provided as an addition to dishes, side dishes or independent dishes.

76. It is allowed to include in the assortment of buffets the preparation of dishes from milk and dairy products, enriched with vitamins and trace elements. Milk and kefir are provided with a mass fraction of fat from 1 to 3.2%, yogurt - from 1.5 to 3%, cheeses – at least 45%, sour cream – 10-15%.

77. Horse meat, veal, beef, as well as poultry (chicken, turkey), peeled from the skin, are used to prepare meat dishes. Repeated freezing of meat is not allowed.

Meat dishes are combined with vegetable side dishes and (or) salads.

78. Vegetable oil is used to make salads and dishes.

The fat content of butter is provided for at least 72%.

79. Peeled nuts and seeds are used in portions and (or) as part of ready meals, without glaze, added sugar, salt, synthetic flavors and flavor enhancers. For children under 5 years of age, whole nuts are offered in a safe form – ground, crushed and added to dishes to avoid entering the respiratory tract.

80. Non-carbonated drinking water, milk, fermented milk drinks, fruit teas, compotes, fruit and berry drinks with heat treatment with added sugar of not more than 2.5% of the weight of the finished product are used as beverages.

81. When cooking dishes, such methods as cooking, baking, steaming, stewing are used.

82. In the period November-May, vitamin C fortification of ready meals is carried out in educational institutions with round-the-clock stay of pupils/ students: in drinks - after they have cooled to a temperature of no more than +15 ° before their sale, followed by mixing and cooling to the temperature of sale, with data entry into the accounting documentation of the facility in accordance with the form approved by Sanitary Rules № 16.

Vitamin C fortification is carried out:

for preschool children (up to 6 years old) – 30% of the daily requirement for vitamin C (30 milligrams (hereinafter referred to as mg), that is, 9.0 mg per child;

for children aged 7-10 years, the daily allowance is 30% of the daily requirement for vitamin C (45 mg), that is, 13.5 mg per child;

for children aged 11-18 years – 30% of the daily requirement for vitamin C (75 mg), that is, 22.5 mg per child.

Fortified dishes are not heated.

83. Students/pupils are provided with drinking water that meets the requirements of rationing documents in terms of quality and safety, in an accessible way on an ongoing basis during meals and at any other time. Bottled drinking water is accompanied by a conformity assessment (confirmation) document.

84. The technological operations of production involve personnel with professional training (qualifications, specialty) corresponding to the nature of the work performed.

85. Food service providers ensure that the quantitative and qualitative composition of the staff of the catering department corresponds to the data stated in the tender documentation.

86. All employees whose job responsibilities include catering for students, including storage and transportation of food products and food raw materials, undergo mandatory preventive medical examinations and hygienic training in accordance with the Rules of Hygienic Training for persons in the designated population group", approved by the Order of the Minister of Health of the Republic of Kazakhstan dated November 16, 2020 № KR DSM-195/2020 (registered in the Register of State Registration of Regulatory Legal Acts № 21654) and the Order of the Acting Minister of Health of the Republic of Kazakhstan dated October 15, 2020 № KR DSM-131/2020 "On approval of target groups of persons subject to mandatory medical examinations, as well as the rules and frequency of their conduct, the volume of laboratory and functional studies, medical contraindications, the list of harmful and (or) dangerous production factors, professions and jobs where preliminary mandatory medical examinations are carried out upon admission to work and periodic mandatory medical examinations and rules for the provision of public services "Undergoing preliminary mandatory medical examinations" (registered in the Register of State Registration of Regulatory Legal Acts № 21443).

87. Before the start of the work shift, the head of the food production unit conducts a daily inspection of personnel engaged in the manufacture of food products, portioning dishes and their distribution, and personnel in direct contact with food products, including food raw materials, for the presence of pustular diseases of the skin of the hands and exposed body surfaces (including suppurated cuts, burns, abrasions), signs of infectious diseases, diseases of the upper respiratory tract. The results of the inspection are recorded in the inspection log of the employees of the food store, in accordance with the requirements of Sanitary Rules № 76 and Sanitary Rules № 59. The list of personnel included in the documentation on the day of the inspection is compiled in accordance with the number of shift workers on that day.

In the absence of the production manager, a responsible person is appointed.

A medical professional conducts selective weekly monitoring of the health of the staff of the food store and compliance with the requirements of this paragraph.

88. In the absence of a centralized hot water supply, water heaters are installed with hot water supply to the sinks.

89. Clean tableware is stored in cupboards or on grates. Clean cutlery is stored in the hall in special cassette boxes with handles facing up. Storing them on trays in bulk is prohibited. Cassettes for cutlery are washed and dried daily.

90. The trays are wiped after each use. Dirty and deformed trays are not used.

91. Tools (brushes, rags) for washing dishes after finishing work are cleaned, soaked in hot water with the addition of detergents, rinsed under running water and dried. Utensils for washing dishes with mold and visible contamination, as well as those made of spongy material, are not used.

92. Refrigerating chambers and refrigerating equipment are cleaned, washed and disinfected as they become dirty, after formation of snow and ice and freeze, after food

products taken away from them, during the preparation of the refrigerator for the mass arrival of food products, when mold is detected and stored food products are affected by mold.

93. Production control is organized and carried out at the catering facilities of educational organizations, regardless of the form of ownership, carried out according to the approved production control program by the head of the educational organization or the catering service provider (including organizational measures, laboratory tests and checks).

When carrying out the production (manufacture) of food products related to the safety requirements of such products, the manufacturer develops, implements and maintains procedures based on the principles of HACCP (Hazard Analysis and Critical Control Points), ensuring the maintenance and storage of documentation on paper and (or) electronic media confirming compliance of manufactured food products with quality and safety indicators.

94. The production control program and procedures for ensuring the safety of food products during their production (manufacture) are periodically reviewed when changes are made to the technological process of production and the formulation of food products.

95. Laboratory and instrumental studies (tests) are carried out at catering facilities of educational organizations in the process of production (manufacture), packaging, storage, transportation and sale of food products and control in accordance with the Sanitary Rules "Sanitary and epidemiological requirements for the implementation of production control" approved by the order of the Minister of Health of the Republic of Kazakhstan dated April 7, 2023 № 62 (registered in the Register of State Registration of Regulatory Legal Acts № 32276).

96. The main critical control points during the production control in the food department are:

- 1) the supplied food and food raw materials, their quality and safety, transportation conditions;
- 2) conditions and duration of storage of food and food raw materials before the start of the technological process;
- 3) basic technological processes;
- 4) equipment and inventory used;
- 5) serviceability of technological equipment (refrigeration, thermal);
- 6) movement of the main flows of raw materials, finished products, tableware, non-food materials and waste;
- 7) conditions and duration of storage of finished products and their turnover;
- 8) daily sampling and storage;
- 9) the use of contact materials, detergents and disinfectants;
- 10) health status, professional (hygienic) training and personal hygiene of employees, availability of medical examinations, admission to work;
- 11) the quality of water supply, the conditions of sewerage, ventilation, lighting;
- 12) the regularity of disinfection and deratization measures;

13) the procedure for the disposal of food and solid household waste.

97. During the organoleptic evaluation of dishes, the dishes and culinary, non-cream flour confectionery and bakery products are evaluated in appearance, consistency, color, smell and taste.

98. During the organoleptic evaluation of ready meals, a sample is taken by a medical professional of the educational organization or a person replacing him 30 minutes before the distribution of ready meals. A separate dressing gown is provided for sampling at the food store.

99. The sample is taken directly from the boiler, saucepan or other dishes before serving / selling food after evenly mixing the dish in a volume of no more than one serving in accordance with the list of dishes listed in the menu layout, at the temperature at which the dish is consumed. Sampling is carried out with a ladle from the boiler (for the first courses), with a spoon (for the second courses). The person taking the sample takes the prepared food from the ladle or from the plates (for the second course) with a separate spoon and transfers it to the spoon, with which he directly samples the food. The spoon used to take the prepared food is washed with hot water after each dish.

100. After sampling, a note on the quality of the prepared dish is made in the journal of organoleptic evaluation of dishes, the time of the breakage is indicated, and permission is given for the possibility of selling each prepared dish separately after signing in the journal.

101. A periodic assessment of the quality of nutrition in educational institutions is carried out by a brakery commission. The brakery commission selectively evaluates the quality of food, the correctness of the food bookmarks and the output of ready meals, their temperature, compliance with the recipe (the presence of the components of the dish), the expiration date, which is indicated by the date "consume before", ensures control over the selection and storage of daily samples, examines entries in the journal of wishes and reviews, at least once a month he analyzes the inedible index.

The composition and position of the brakery commission is determined by the order of the head of the educational organization, with the mandatory inclusion of the administration, a medical professional, a production manager and a representative of the parent committee. The work of the brakery commission is coordinated by the head of the educational organization.

102. To determine the number of servings of the first and third courses, the volume of the container is determined, which is indicated on the outside of the pan, boiler, or other dishes.

103. To determine the actual output of meals per child, five to ten servings from the table are weighed and the average weight of one serving is calculated.

104. The inedible index is calculated using the formula:

The inedible index is equal to the mass of food residues in kilograms (hereinafter referred to as kg) divided by the mass of dishes served in kg multiplied by 100%.

Food residues are measured without taking into account the weight of the waste collection container. The collection of leftovers in plates, industrial and non-food waste (containers, packaging) is carried out separately during the measurement of the index.

Interpretation of the results of the inedible index measurement: less than 10% is the optimal index, 10-30% is the index in the risk zone, which requires control over the organization of meals and analysis of the current menu, more than 30% is the index in the high-risk zone, which requires urgent measures to evaluate the food provided and correct the menu.

105. To improve the quality of control, the nutrition specialists (nutritionists) are included in the interdepartmental expert groups for food quality control operating under the educational authorities.

106. Daily samples of each batch of all cooked dishes are left daily. The daily sample is taken by the designated responsible person (staff) of the food store using disinfected equipment in specially designated disinfected and labeled containers (tightly sealed) designed for contact with food products separately for each dish and (or) culinary product. Portioned dishes and culinary products are left individually, entirely in the volume of one serving. Cold appetizers, first and third courses (drinks), side dishes are selected in the amount of at least 200 g. The number of prepared and/or supplied portions of ready meals takes into account portions for organoleptic evaluation and daily sampling.

Samples are taken from the boiler before the food is distributed to the students/pupils. Daily samples are stored in special refrigerating equipment or in a specially designated place of refrigerating equipment for storing ready-made food in a food store at a temperature of + 4 to + 6 ° C for at least 48 hours, indicating the date and time of sampling, as well as before being replaced with a dish prepared after the weekend (regardless of the number of days off) - breakfast, lunch, afternoon tea or dinner, respectively.

After the expiration of the storage period, the daily samples are disposed of as food waste.

107. In small schools where there are no food halls and buffets, it is allowed to organize meals in the form of catering, dishes, culinary products made exclusively at stationary catering facilities, provided there is a sanitary and epidemiological conclusion.

In small schools where there are no food halls and buffets, when catering, it is allowed to provide meals to students in one specially designated room, which is used strictly for its intended purpose (hereinafter referred to as the room for meals).

Sinks for washing the hands of students and staff with uninterrupted supply of cold and hot water are installed in front of the entrance to the room for meals. In the absence of a centralized water supply and sewerage system, the installation of self-leveling washbasins is allowed. All sinks for washing hands of students and staff are equipped with devices and means for washing and drying hands.

In the room for eating, zoning is provided with the allocation of sites, taking into account the sequence and flow of processes:

- 1) the area for portioning and distributing food;
- 2) the eating area;
- 3) a zone (place) for temporary storage of consumer waste for one working day with containers for their collection.

108. Before serving meals, an organoleptic assessment of the quality of prepared meals is carried out by a medical professional or a designated responsible person, with the results recorded in a journal and a meal permit issued.

109. If the facts of substandardness or non-compliance with the required parameters are established, ready meals are returned to the supplier, replacement is provided no later than two hours from the date of return, the fact of return and replacement is recorded in the journal of return and replacement of finished products in accordance with Appendix 11 to these Standards.

110. When carrying out catering services, the number of dishes is used to meet the needs of students for simultaneous use. The number of sets of tableware and cutlery is provided in accordance with the number of servings for a single meal. During catering, a supply of tableware and cutlery, tea and glassware, disposable tableware for drinks is provided for possible replacement in case of contamination or in case of deterioration. Washing and disinfection of tableware is carried out at the catering facility.

111. The delivery of finished food products is carried out in insulated packaging (containers), with a labeling attached or pasted to each packaging unit with information: the name of the food product, the name and address of the food facility, the date and hour of manufacture of food products, the end time of distribution, storage conditions and expiration dates, surname, first name and patronymic of the responsible person. The labels are saved until the end of the meal. Delivery is subject to compliance with the storage conditions and shelf life of such products, but not more than two hours from the moment of preparation to the moment of sale of ready meals.

112. When delivering lunch packages for students, the meal room is equipped with equipment for heating them (oven, convector unit), the requirements for lunch packages are set in accordance with Appendix 12 to these Standards.

113. Each batch of delivered food products is recorded in the accounting documentation of the catering facility, indicating the name of the product, the date and hour of manufacture, delivery, and the end time of distribution (release).

114. Daily samples of each batch of all cooked dishes are left daily in the room for meals in the refrigerator. The number of servings of ready meals supplied takes into account portions for organoleptic evaluation and daily sampling. The provision of portions for organoleptic evaluation and daily sampling is carried out at the expense of the supplier.

115. In educational organizations where there are no food halls, it is allowed to organize hot meals in buffets.

116. The following facilities are provided for the buffet:

a kitchen with areas for preparing and cooking food, distributing finished products and washing dishes;

dining room equipped with tables and chairs;

storage room or kitchen area;

a utility room or an area in the dining room.

117. In the absence of a centralized water supply system, water from local drinking sources is used with internal plumbing and drainage. To receive wastewater, a local waterproof septic tank (pit) is equipped with a lid with hydraulic valves, and the septic tank (pit) is cleaned as they fill up to two thirds of the volume.

118. A sink/sinks for washing students' hands with uninterrupted supply of cold and hot water are installed in the buffet in front of the entrance or in the dining room, and self-leveling washbasins are allowed. Hand washing sinks are equipped with devices and means for washing and drying hands.

119. The working area of the buffet kitchen is equipped with mechanically driven supply and exhaust ventilation. The window fans are allowed.

120. In the buffet, food storage is allowed in the kitchen area with mandatory storage of perishable products in refrigeration equipment.

121. The range of hot buffet dishes provides for their preparation from semi-finished products of a high degree of readiness, taking into account the availability of a minimum set of the following technological equipment: an electric stove with an oven, an electric water heater, a two-section washing bathroom for dishes with racks for storing and drying them, a sink for washing the hands of staff, cutting tables for raw and finished products.

122. Educational institutions create conditions for catering students/pupils in accordance with the requirements of these Standards.

123. Medical professional forms a list of students/ pupils with special dietary needs, including those with food allergies, gluten and lactose intolerance, with constant updating, transmits it to the person responsible for catering and monitors the organization of dietary nutrition. The requirements for the specifics of nutrition provision for students/pupils with special dietary needs in educational institutions are provided in Appendix 13 to these Standards.

124. The number of people in need of certain dietary nutrition and the duration of its receipt are determined based on the results of an annual in-depth medical examination of students / pupils or on the basis of medical certificates provided by their legal representatives, which indicate the special dietary needs of the student /pupil with the establishment of a diagnosis, recommended diet, with restrictions and exclusions of relevant foods, beverages and dishes, their replacement with food products of similar energy and nutritional value.

125. The organization of dietary nutrition for students/pupils is carried out by food service providers or heads of educational organizations with independent catering.

126. The menu indicates the content of substances in prepared dishes/products that lead to allergic reactions or intolerance, in accordance with Annex 14 to these Standards. Information about the presence of substances in the menu that lead to allergic reactions or intolerance is communicated in an accessible way to students and their legal representatives.

127. When preparing dishes and products that do not contain gluten, the requirements for preventing gluten from entering such dishes should be observed using separate cutting equipment, kitchen and dining utensils, as well as with the exclusion of foods containing gluten in accordance with Annex 15 to these Standards.

128. Restrictive measures, including quarantine, are introduced throughout the educational organization or in a separate classroom, group, shift.

129. The following sanitary and epidemiological requirements apply to food stores in educational institutions for the period of introduction of restrictive measures, including quarantine:

1) catering according to approved schedules by class, group, observing the principle of distancing, avoiding crowding in canteens and buffets;

2) organization of a drinking regime using disposable glasses/individual drinking bottles;

3) daily disinfection (at least 2 times per shift) of the premises of the food hall, dining room, kitchen utensils, equipment and inventory, with mandatory disinfection of contact surfaces (door handles, handrails, tables, chairs);

4) wet cleaning of the premises of the food hall, dining room with the use of disinfectants at least twice a day and as needed;

5) providing an unlimited supply of detergents, disinfectants and antiseptics;

6) constant monitoring of the observance of personal hygiene measures by pupils/students when visiting canteens, buffets, bathrooms;

7) final disinfection upon removal of restrictive measures, including quarantine, by specialized organizations;

8) weekly briefing among the staff of the food store, canteens, buffets on the need to comply with the rules of personal and (or) industrial hygiene and control their strict implementation;

9) daily monitoring of the presence of symptoms of infectious diseases among the staff (respiratory, intestinal, fever).

130. The following educational and educational activities are carried out in educational institutions in order to develop sustainable healthy eating habits among students/pupils:

1) organization and support of the functioning of health corners aimed at forming students' conscious attitude towards a healthy lifestyle, the principles of healthy/proper nutrition, including reducing salt intake, free sugars, and avoiding the consumption of trans fats;

2) development, posting and distribution of visual materials (posters, memos, booklets) on the principles of a balanced diet and its impact on health;

3) conducting class hours in educational institutions within the framework of the "Safety Lessons" curriculum aimed at developing an informed attitude to healthy eating among schoolchildren, at least 2 times a year;

4) conducting educational events with pupils and their legal representatives about the rules of behavior during meals, the impact of nutrition on health, and the principles of healthy eating in an accessible form using visual materials;

5) organization of contests and promotions aimed at promoting a healthy lifestyle and proper nutrition among pupils/students;

6) organization of the "Week of Healthy Nutrition" in order to promote and inform about the principles of healthy nutrition;

7) ensuring a reduction in salt consumption by avoiding salting food in canteens and buffets (remove salt shakers from dining tables);

8) the use of modern messengers in the dissemination of information materials on the principles of healthy eating to raise awareness among pupils and their legal representatives.

Appendix 1
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Nutrition standards in educational institutions

The energy and nutritional value of food (the amount of macro- and micronutrients) in educational institutions corresponds to the general age needs of students / pupils according to the norms of physiological needs for basic nutrients and energy determined by the Ministry of Health of the Republic of Kazakhstan.

Norms of energy, protein, fat and carbohydrates consumption for pupils (per day)

Table 1

Age (years)	Sex	Energy kcal/day	Proteins			Fats		Carbohydrates	
			Total, gr	% to the total caloric content	gr/kg Body weight	Total, gr	% to the total caloric content	Total, gr	% to the total caloric content
1-2		1200	30	10,0	2,20	49	37,0	159	53,0
2-3		1400	39	11,0	2,20	50	32,0	200	57,0
4-6		1800	50	11,0	2,08	60	30,0	266	59,0
7-10		2100	63	12,0	2,03	65	28,0	315	60,0
11-14		2450	73	12	1,5	77	28,0	368	60,0
15-18		2700	81	12,0	1,32	84	28,0	405	60,0

Standards of mineral intake for pupils (per day)

Table 2

Age (years)	Calcium, mg	Phosphorus, mg	Magnesium, mg	Ferrum, mg	Zinc, mg	Iodine, micrograms (hereinafter – mcg)	Selenium, mcg	Copper, mcg	Potassium, mg	Sodium, gr	Chlorine, g	Water, liter (hereinafter –l.)
1-3	700	400	80	10	5	90	17	350	400	1	0,8	0,6-0,8
4-6	800	500	100	10	5	90	22	450	600	1,2	1,1	0,9-1,3
7-10	1000	800	200	12	8	120	24	700	900	1,2	1,7	1-1,7
10-18	1300	1200	300	18	9	150	40	825	2000	1,5	2,1	1,3-2,3

Vitamin intake rates for students/pupils (per day)

Table 3

Age (years)	Vitamins fat-soluble				Vitamins water-soluble								
	A (RE), mcg	D, mcg	E (TE), mg	K, mcg	C, mg	Thiamine B1, mg	Riboflavin B2, mg	Niacin (B3) (NE), mg	Pyridoxine B6, mg	B12, mcg	Folate, mcg	Pantothenic acid B5, mg	Biotin B7, mcg
1-3	400	10	6	30	30	0,5	0,5	6	0,5	0,9	150	2	8
4-6	450	10	7	55	30	0,6	0,6	8	0,6	1,2	200	3	12
7-10	600	10	11	60	45	0,9	0,9	12	1,0	1,8	300	4	20
10-18	800	10	15	75	70	1,2	1,2	16	1,3	2,4	400	5	25

Recommended distribution of energy value of daily rations (in%) by meals

Table 4

Meal	4 meals a day	5 meals a day (options)	6 meals a day
Breakfast	25	20	25
2nd breakfast	-	15	10
Lunch	40	35	30
Afternoon snack	15	10	10
Dinner	20	20	20
2nd dinner			5

Note: when organizing one-time hot meals in educational institutions, the calorie content of meals is 25-30% of the daily calorie content.

Approximate caloric intake for individual meals

Table 5

Age group	Energy value of breakfast, dinner, kcal	Energy value of lunch, kcal	Daily energy value, kcal
1-2	300-360	360-420	1200

2-3	350-420	420-490	1400
4-6	450-540	540-630	1800
7-10	525-630	630-735	2100
11-14	613-735	735-858	2450
15-18	675-810	810-945	2700

Approximate amount of protein for individual meals

Table 6

Age group	Amount of protein for breakfast, dinner, gr.	Amount of protein for lunch, gr.	Daily protein requirement, gr.
1-2	8-9	9-11	30
2-3	10-12	12-14	39
4-6	13-15	15-18	50
7-10	16-19	19-22	63
11-14	18-22	22-26	73,5
15-18	20-24	24-28	81

Approximate amount of fat for individual meals

Table 7

Age group	Amount of fat for breakfast, dinner, gr.	Amount of fat for lunch, gr.	Daily fat requirement, gr.
1-2	12-14	14-17	49
2-3	13-15	15-18	50
4-6	15-18	18-21	60
7-10	16-20	20-23	65
11-14	19-23	23-27	77
15-18	21-25	25-29	84

Approximate amount of carbohydrates for individual meals

Table 8

Age group	Amount of carbohydrates for breakfast, dinner, gr.	Amount of carbohydrates for lunch, gr.	Daily carbohydrate requirement, gr.
1-2	40-48	48-56	159
2-3	50-60	60-70	200
4-6	67-80	80-93	266
7-10	79-95	95-110	315
11-14	93-111	111-130	370
15-18	101-122	122-142	405

List of documents on catering

- 1) the order on catering in the educational organization;
- 2) journal of daily registration of students/pupils receiving free hot meals, including those with special dietary needs;
- 3) a planned four-week seasonal menu;
- 4) daily menu;
- 5) menu layout;
- 6) technological maps for dishes and products;
- 7) a statement of control over the implementation of nutrition standards;
- 8) bakery log of perishable food products and semi-finished products;
- 9) journal of organoleptic assessment of the quality of dishes and culinary products;
- 10) journal for calculating the nutritional and energy value of food rations;
- 11) the journal of "C-vitaminization";
- 12) log of inspection results of food store employees;
- 13) temperature log of refrigeration equipment;
- 14) germicidal lamp operation log;
- 15) the journal of accounting and control of the general cleaning of the food store;
- 16) a log of return and replacement of finished food products.

Appendix 3
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Requirements for food products intended for sale in buffets located in educational institutions

1. Sandwiches, bakery and baked culinary products, bread rolls are made:
 - 1) based on rye and/or mixed bread, whole grain, wheat, gluten-free flour;
 - 2) with hard cheese, butter, herbs, fresh or dry natural spices, nuts, seeds, without adding salt;
 - 3) with vegetables and/or fruits specified in paragraph 4 of this annex;
 - 4) without salt and sauces, including mayonnaise and ketchup;
 - 5) from food products containing no more than 5% sugar by weight of the finished product;
 - 6) when preparing bakery and flour culinary products, no more than 5% of the weight of the finished product and no more than 0.3% of the weight of the finished product are added to the sugar dough;

- 7) without the addition of sweeteners.
2. Salads in a batch package are made:
 - 1) with vegetables and/or fruits specified in paragraph 4 of this annex;
 - 2) simple salads (no more than four ingredients, excluding salt and vegetable oil) are prepared and seasoned immediately before serving, and stored for no more than 30 minutes after portioning. If there is a room with a temperature not exceeding +15 or tables with a cooled work surface, storage after portioning can be carried out within an hour;
 - 3) with a low salt content, i.e. containing no more than 0.3% of the weight of the finished product.
3. Milk and dairy products: pasteurized milk, fermented dairy products, including those enriched with vitamins and trace elements, or dairy products based on soy, rice, oats, nuts:
 - 1) containing no more than 5% sugar by weight of the finished product;
 - 2) no added sweeteners;
4. Vegetables and fruits:
 - 1) fresh and processed;
 - 2) without added sugar and sweeteners;
 - 3) processed vegetables with a salt content of no more than 0.3% of the weight of the finished product;
 - 4) prepared for direct consumption;
 - 5) packaged in portions.
5. Non-carbonated drinking water in consumer packaging.
6. Drinks prepared on site:
 - 1) fruit tea, compotes, fruit and berry drinks;
 - 2) with a sugar content of no more than 2.5% of the weight of the finished product, without the addition of sweeteners.
7. Flour non-cream confectionery products.

Appendix 4
to the Standards of nutrition in
healthcare and educational
organizations

The list of food (food) raw materials that are not allowed in the production (manufacture) of food products in educational institutions

- 1) products of the slaughter of productive animals and poultry, subjected to repeated freezing;
- 2) raw materials from fish and non-fish facilities, subjected to repeated freezing;
- 3) salted herring (lightly salted);

- 4) products of unproductive animals (including meat, offal), meat of productive animals mechanically deboned and poultry mechanically deboned;
- 5) collagen-containing raw materials from poultry meat;
- 6) blocks frozen from various types of veneered animal meat, as well as offal (liver, tongue, heart) with shelf life of more than 6 months;
- 7) cored beef with a mass fraction of connective and fatty tissue over 20 %;
- 8) meat of pork, mutton, bulls, boars and skinny animals;
- 9) by-products of productive animals and poultry, with the exception of liver, tongue, heart and blood;
- 10) eggs with contaminated and (or) damaged shells, as well as eggs from farms affected by salmonellosis; eggs and meat of waterfowl;
- 11) milk, dairy products from farms that are not affected by the incidence of productive farm animals, as well as those that have not undergone primary processing and pasteurization, unpasteurized milk, cottage cheese and sour cream without heat treatment;
- 12) products containing milk fat substitutes: spreads, dairy products;
- 13) meat products containing non-meat ingredients;
- 14) vegetable oils with a peroxide content of more than 2 mmol of active oxygen/kg of fat (except olive oil); olive oil with a peroxide content of more than 2 mmol of active oxygen/kg of fat;
- 15) vegetable oils: cottonseed;
- 16) hydrogenated oils and fats;
- 17) hot spices (pepper, horseradish, mustard);
- 18) mushrooms;
- 19) food products containing sweeteners, flavor enhancers, preservatives, synthetic dyes and flavors, except natural food spices and flavors (dill, parsley, celery, cumin, basil, sweet, white and allspice, oregano, cinnamon, vanilla, coriander, cloves, bay leaf, onion, garlic);
- 20) food products or food raw materials with a salt content of more than 0.3% of the weight of the finished product;
- 21) food products or food raw materials containing added sugars in excess of 5% of the weight of the finished product;
- 22) fish, meat, fruit and vegetable and other canned goods of industrial production;
- 23) home-made products;
- 24) non-iodized salt;
- 25) wheat flour of the highest and first grades, not enriched (fortified) with iron-containing vitamins and minerals.
- 26) cereals, flour, dried fruits contaminated with various impurities or infected with pests of grain stocks;
- 27) food (nutritional) raw materials containing GMOs;

28) food (nutritional) raw materials obtained with the use of pesticides in accordance with Annex 10 to the Technical Regulations;

29) the use of benzoic and sorbic acids and their salts.

Appendix 5
to the Standards of nutrition in
healthcare and educational
organizations

Log of accounting and use of incoming food products and food raw materials

Date and hour of receipt of food raw materials and food products)	Name of food products	Quantity of food raw materials and food products received (in kg, l, pieces)	Results of organoleptic evaluation of food raw materials and food products received	Deadline for sale of food raw materials and food products	Date and hour of actual sale of food raw materials and food products by day	Full name. (if any) signature of the responsible person	Note

Appendix 6
to the Standards of nutrition in
healthcare and educational
organizations

The list of food products that are not allowed to be manufactured and sold in educational institutions

- 1) yogurt, cottage cheese, kefir;
- 2) stuffed pancakes;
- 3) navy-style macaroni;
- 4) potions, forshmaks, jellies, pates;
- 5) confectionery with cream;
- 6) sugary non-cream confectionery products;
- 7) fruit drinks, kvass;
- 8) deep-fried products;
- 9) soft-boiled eggs, fried eggs, fresh egg mixture omelet, unpasteurized;
- 10) complex (more than four components) salads, salads seasoned with sour cream and mayonnaise;
- 11) okroshka;
- 12) mushrooms;
- 13) food products of non-industrial (home-made) manufacture, including canned vegetables,
fruits, meat, fish, mushrooms;
- 14) first and second courses based on instant dry food concentrates;

- 15) fast food: burgers, hot dogs, pizza, nuggets, chips (chipsets), salted crackers with flavoring additives;
- 16) hot sauces, ketchups, hot spices (pepper, horseradish, mustard);
- 17) unpasteurized milk, cottage cheese and sour cream without heat treatment;
- 18) technologically processed meat and fish products (sausages, smoked meats);
- 19) coffee and coffee drinks;
- 20) food products with a salt content of more than 0.3% of the weight of the finished product;
- 21) food products containing added sugars in excess of 5% of the weight of the finished product;
- 22) dishes, culinary products made from meat trimmings, diaphragm, blood, rolls from the pulp of heads;
- 23) dried fish.
- 24) industrial children nutrition biscuits containing more than 25% of the added sugar by weight of the finished product;
- 25) bakery products for children nutrition containing salts of more than 0.5% of the weight of the finished product.
- 26) children nutrition products containing ethyl alcohol of more than 0.2%, apricot kernels, vinegar, sweeteners, with the exception of specialized food products for dietary therapeutic and dietary preventive nutrition.

Appendix 7
to the Standards of nutrition in
healthcare and educational
organizations

The list of food products that are not allowed to be sold in educational institutions

- 1) stuffed pancakes;
- 2) potions, forshmaks, jellies, pates;
- 3) confectionery with cream;
- 4) sugary non-cream confectionery products;
- 5) ice cream;
- 6) food concentrates;
- 7) chewing gum;
- 8) sweet non-alcoholic and energy (tonic) drinks, carbonated, medicinal and therapeutic table

- mineral waters, concentrated diffusion juices (except packaged mineral and drinking waters),
- fruit, vegetable, fruit and berry, fruit and vegetable pasteurized juices, drinking water with flavoring additives;
- 9) deep-fried products;
- 10) non-industrial (home-made) food products;
- 11) fast food: burgers, hot dogs, pizza, nuggets, chips (chipsets), salted crackers with flavoring additives;
- 12) hot sauces, ketchups, hot spices (pepper, horseradish, mustard);
- 13) unpasteurized milk, cottage cheese and sour cream without heat treatment;
- 14) technologically processed meat and fish products (sausages, smoked meats);
- 15) coffee and coffee drinks;
- 16) products containing milk fat substitutes: spreads, dairy products;
- 17) industrial children nutrition biscuits containing more than 25% of the added sugar by weight of the finished product;
- 18) bakery products for children nutrition containing salts of more than 0.5% of the weight of the finished product.

Appendix 8
to the Standards of nutrition in
healthcare and educational
organizations

Recommended weight of meals, depending on age, for preschool children

Table 1

Meal, dish	Weight of meals (gr.)	
	Up to 3 years	3-7 years
First courses	150	200
Second courses		
Garnish	100	120
Meat, cutlet, fish, poultry	50	60
Vegetable, egg, cottage cheese, meat dish and porridge	130	150
Salad	30	40
Third courses	150	180

Recommended weight of meals, depending on age, for school-age children

Table 2

Meal, dish	Weight of meals (gr.)		

	6-10 years	11-14 years	15-18 years
First courses	200	250	300
Second courses			
Garnish	130	150	180
Meat, cutlet, fish, poultry	70	90	100
Complex meat and fish dishes	200	220	250
Vegetable, egg, cottage cheese dish, porridge	180	200	250
Salad	60	80	100
Third courses	200	200	200

Appendix 9
to the Standards of nutrition in
healthcare and educational
organizations

The nutritional and energy value of the dishes is calculated based on the net weight of one serving of each product. The net weight of one serving is the weight of the raw material after cold processing to remove the inedible part.

The frequency of intake of the main groups of food products for the organization of one-time hot school meals in educational institutions for a five-day stay per child

Table 1

	Frequency of intake per week	Number of servings per week	Note
Product groups			
Meat (beef, horse meat)	2 times a week	2 servings	chilled/frozen lean carcass parts (less than 15 g of fat per 100 g of meat), serving weight boneless
Poultry	2 times a week	2 servings	chilled/frozen, serving weight without skin and bones
Fish	1 times a week	1 servings	different types of fish, except salted and lightly salted herring, the mass of a portion of defrosted fish - cut into fillets with skin without bones or fillets without skin and bones
Legumes	2 times a week	2 servings	as a side dish to dishes or salads
Cereals, pasta. Flour used for cooking is included in the total amount of this group.	3 times a week	3 servings	cereals and pasta with a high fiber content

Various seasonal vegetables (except potatoes)	ежедневно	6 servings	as salads, vegetable cuts, as part of side dishes and main dishes
Fruits and berries varied	daily	5 servings	
Dried fruits and berries, dried rose hips, nuts, seeds	3 times a week	3 servings	without added sugars and sweeteners
Potato	1 times a week	1 servings	
Bread	daily	5 servings	with a salt content of no more than 0.5 % of the weight of the finished product
Eggs	1 times a week (can be divided into several times)	1 servings	boiled, as part of an omelet, and other complex dishes
Milk and dairy products	daily	5 servings	with the amount of added sugar not exceeding 5 % of the weight of the finished product
Butter	daily	5 servings	at least 72 % fat content
Vegetable fats	daily	5 servings	refined sunflower, corn or olive oil
Salt	5 times a week	5 servings	the amount of salt in prepared foods and dishes is limited, only iodized salt is used.
Sugar	5 times a week	5 servings	addition of sugar and honey during the preparation of food and drinks is limited.

The frequency of intake of the main food groups for breakfast, lunch or dinner in preschool institutions for a five-day stay per child

Table 2

	Number of servings per week	Intake period	Note
Product groups			
Meat (beef) chilled / frozen lean parts of the carcass (less than 15 g of fat per 100 g of meat), horse meat is allowed for second courses	3 servings per week	lunch or dinner	During lunch, a portion of meat goes to both the first and second courses: meat-bone broth is used for the first courses, and the pulp is used for the second courses.
Chilled/frozen poultry	4 servings per week	lunch or dinner	During lunch, a portion of poultry goes to both the first and second courses: meat and bone broth are

			used for the first courses, and the flesh is used for the second courses.
Fish	2 servings per week	lunch or dinner	different types of fish, except salted and lightly salted herring, the mass of a portion of defrosted fish - cut into fillets with skin without bones or fillets without skin and bones
Legumes	3 servings per week	breakfast or lunch or dinner	as a side dish to dishes, salads, and entrees
Cereals and pasta. Flour used for cooking is included in the total amount of this group.	10 servings per week	at any meal	cereals and pasta with a high fiber content
Various seasonal vegetables (except potatoes)	15 servings per week	at any meal	Pickled vegetables can be offered to children from the age of 4 years no more than three times a week.
Fruits and berries varied and seasonal	10 servings per week	at any meal	
Dried fruits and berries, dried rose hips	7 servings per week	at any meal	Without added sugars and sweeteners
Potato	4 servings per week	at any meal	
Bread	15 servings per week	at any meal	with a salt content of no more than 0.5% of the weight of the finished product
Eggs	2 servings per week	at any meal	boiled, as part of an omelet, and other complex dishes
Milk and dairy products	12 servings per week by 1 serving	at any meal	with the amount of added sugar not exceeding 5% of the weight of the finished product
Butter	15 servings per week	at any meal	at least 72 % fat content
Vegetable fats	10 servings per week	at any meal	refined sunflower, corn or olive oil
Salt	15 servings per week	at any meal	the amount of salt in prepared foods and dishes is limited, only iodized salt is used.
Sugar	15 servings per week	at any meal	Sugar addition is not allowed until the age of three. The addition of sugar and honey during the preparation of meals and drinks is limited.

Fruit tea without added sugars and sweeteners	2 servings per week	for breakfast	Tea is not allowed until the age of three.
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The frequency of intake of the main food groups for the second breakfast and afternoon tea in preschool institutions for a five-day stay per child

Table 3

	Number of servings per week	Intake period	Note
Product groups			
A variety of seasonal vegetables	5 servings per week	during the second breakfast or afternoon tea	
Fruits and berries varied and seasonal	5 servings per week	during the second breakfast or afternoon tea	
Dried fruits and berries, dried rose hips	2 servings per week	during the second breakfast or afternoon tea	Without added sugars and sweeteners
Wheat flour	5 servings per week	during the second breakfast or afternoon tea	For bakery and flour non-cream confectionery products
Milk and dairy products	5 servings per week	during the second breakfast or afternoon tea	with the amount of added sugar not exceeding 5% of the weight of the finished product

Features of the consumption rates of the main food groups in preschool organizations during a seven-day stay

The portion sizes by age and characteristics of food groups are given in Tables 2 and 3.

Table 4

Food products group	The frequency of inclusion in individual meals
Beef, horse meat, chilled/frozen	five servings per week during lunch or dinner
Chilled/frozen poultry	six servings per week during breakfast, lunch or dinner
Fish	two servings per week during lunch or dinner
Vegetables varied, seasonal, except potatoes	four servings daily, during the week, pickled vegetables can be offered to children from the age of 4 years no more than three times a week.
Fruits and berries varied and seasonal	two servings daily
Dried fruits and berries, dried rose hips	ten servings per week
Legumes	three servings per week as a side dish, in salads, in entrees
Cereals and pasta	two servings daily during breakfast, lunch or dinner
Potato	five servings per week
Bread	three servings every day during breakfast, lunch and dinner
Eggs	three servings per week
Milk and dairy products	thirteen servings per week

Flour for bakery and non-cream pastry products	one serving daily during the second breakfast or afternoon snack
Butter containing at least 72 percent fat	three servings daily
Vegetable fats (oil)	two servings daily
Salt	three servings daily
Sugar	three servings daily
Fruit tea without added sugars and sweeteners	six servings per week. Tea is not allowed until the age of three, it is replaced by other drinks.

The frequency of intake of the main food groups in educational institutions for a five-day stay with five meals per child

Table 5

	Number of servings per week	Intake period	Note
Product groups			
Meat (beef) chilled / frozen lean parts of the carcass (less than 15 g of fat per 100 g of meat), horse meat is allowed for second courses	4 servings per week	lunch or dinner	During lunch, a portion of meat goes to both the first and second courses: meat-bone broth is used for the first courses, and the pulp is used for the second courses.
Chilled/frozen poultry	4 servings per week	lunch or dinner	During lunch, a portion of poultry goes to both the first and second courses: meat and bone broth are used for the first courses, and the flesh is used for the second courses.
Fish	2 servings per week	lunch or dinner	different types of fish, except salted and lightly salted herring, the mass of a portion of defrosted fish - cut into fillets with skin without bones or fillets without skin and bones
Legumes	3 servings per week	breakfast or lunch or dinner	as a side dish to dishes, salads, first courses
Cereals and pasta. Flour used for cooking is included in the total amount of this group.	10 servings per week	at any meal	cereals and pasta with a high content of dietary fiber
Various seasonal vegetables (except potatoes)	15 servings per week	at any meal	as salads, vegetable cuts, as part of side dishes and main dishes. Pickled vegetables can be offered no more than three times a week.

Fruits and berries varied and seasonal	10 servings per week	at any meal	
Dried fruits and berries, dried rose hips	7 servings per week	at any meal	Without added sugars and sweeteners
Potato	4 servings per week	at any meal	
Bread	15 servings per week	at any meal	with a salt content of no more than 0.5 % of the weight of the finished product
Eggs	3 servings per week	at any meal	boiled, as part of an omelet , and other complex dishes
Milk and dairy products	10 servings per week by one serving	at any meal	with the amount of added sugar not exceeding 5% of the weight of the finished product
Butter	15 servings per week	at any meal	at least 72 % fat content
Vegetable fats	10 servings per week	at any meal	refined sunflower, corn or olive oil
Salt	15 servings per week	at any meal	The amount of salt in prepared foods and dishes is limited, only iodized salt is used.
Sugar	15 servings per week	at any meal	The addition of sugar and honey during the preparation of meals and drinks is limited.
Fruit tea without added sugars and sweeteners	2 servings per week	for breakfast	

The frequency of intake of the main food groups for a second breakfast and afternoon tea in educational institutions for a five-day stay with five meals per child

Table 6

	Frequency of intake	Number of servings per week	Note
Product groups			
A variety of seasonal vegetables	five servings per week	during the second breakfast or afternoon tea	
Fruits and berries varied and seasonal	five servings per week	during the second breakfast or afternoon tea	
Dried fruits and berries, dried rose hips	three servings per week	during the second breakfast or afternoon tea	Without added sugars and sweeteners
Milk and dairy products	five servings per week	during the second breakfast or afternoon tea	with the amount of added sugar not exceeding 5 % of the weight of the finished product
Wheat flour	three servings per week	during the second breakfast or afternoon tea	For bakery and non-cream confectionery products

Nuts	one servings per week	during the second breakfast or afternoon tea	portioned without the addition of sugar, honey and salt, or in dishes. They are not allowed in case of allergies.
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Note: when organizing four meals a day, one of the meals (second breakfast or afternoon snack) is not given.

The peculiarities of the consumption rates of the main food groups in educational organizations during a seven-day stay (around the clock), including in educational and recreational educational organizations

The portion sizes by age and characteristics of food groups are given in Tables 5 and 6.

Table 7

Food Products Group	The frequency of inclusion in individual meals
Beef, horse meat, chilled/frozen	five servings per week during lunch or dinner
Chilled/frozen poultry	six servings per week during breakfast, lunch or dinner
Fish	two servings per week during lunch or dinner
Vegetables varied, seasonal, except potatoes	four servings daily, pickled vegetables are offered no more than four times a week during the week.
Fruits and berries varied and seasonal	three servings daily
Dried fruits and berries, dried rose hips	ten servings per week
Legumes	three servings per week as a side dish, in salads, in entrees
Cereals and pasta	two servings daily during breakfast, lunch or dinner
Potato	five servings per week
Bread	three servings every day during breakfast, lunch and dinner
Eggs	five servings per week
Milk and dairy products	thirteen servings per week
Flour for bakery and non-cream pastry products	one serving daily during the second breakfast or afternoon snack
Nuts	two servings per week
Butter containing at least 72 percent fat	three servings daily
Vegetable fats (oil)	two servings daily
Salt	three servings daily
Sugar	three servings daily
Fruit tea without added sugars and sweeteners	six servings per week.

Appendix 10
to the Standards of nutrition in
healthcare and educational
organizations

Product Replacement Table

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№	Product to be replaced	Weight in gr.	Substitute product	Weight in gr.
1	Beef	100,0	meat on the bones of the 1st category: horsemeat, rabbit	100,0
			meat boneless meat of the 1st category: horsemeat, rabbit	80,0
			horsemeat of the 1st category	104,0
			whole eviscerated poultry or semi-eviscerated poultry	100,0
			uneviscerated bird	120,0
			offal of the 1st category liver, tongue, heart	116,0
			turkey breast	80,0
			fresh dish	150,0
			semi-fat cottage cheese	250,0
			fresh milk	600,0
2	Whole milk	100,0 ml	kefir, ayran	100,0 ml
			condensed milk, sterilized, without sugar	40,0 ml
			fresh cream	20,0 ml
			semi-fat cottage cheese	30,0
3	Sour cream	100,0	fresh cream	133,0 ml
			fresh milk	667,0 ml
4	Cottage cheese	100,0	fresh milk	333,0 ml
			cheese	40,0
			yogurt	100,0
			sour cream	50,0
			cream	66,0 ml
5	Cheese	100,0	cow's butter	50,0
			fresh sour cream	125,0
			cottage cheese	250,0
			kefir	500,0
			fresh milk	825,0
			eggs	3 pieces
6	Eggs	1 штук	cheese	33,0
			sour cream	40,0

			cottage cheese	80,0
7	Fresh decapitated fish	100,0	Fresh meat	67,0
			fish fillet	70,0
			cottage cheese	168,0
			cheese	50,0
8	Fresh fruits	100,0	dried rosehip	20,0
			apples dried	20,0
			apricots	8,0
			prunes	17,0
			raisins	22,0
			watermelon	300,0
			melon	200,0
9	Potato	100	beetroot	190
			carrot	240
			cabbage	370
			pasta, noodles 1c	25
			semolina	25
			wheat bread 1c	35
			plain rye bread	55
10	Rye-wheat bread made from grade 1 flour	100	plain rye bread, shaped wheat bread made from wheat flour	100
				70
			wheat flour 1c	70
			pasta, noodles 1c	70
			semolina	70

Appendix 11
to the Standards of nutrition in
healthcare and educational
organizations

The log of return and replacement of finished food products

Date	Name of the product/dish, volume/ quantity	Time of detection of the fact of substandardness, non-compliance with the required parameters	Reason for return/replacement	Time of return	Time of replacement	Signature of the person responsible for catering	Signature of the forwarder

Appendix 12
to the Standards of nutrition in
healthcare and educational
organizations

Lunch bags requirements

The lunch bag consists of:

1) a closed hot sandwich based on bread, pita or pita bread, smeared with butter, with the inclusion of boiled portioned beef / horse meat / chicken breast / turkey / semi-hard cheese, boiled or raw vegetables, herbs wrapped in parchment;

2) fermented milk product (yogurt) of industrial manufacture in small packages;

3) seasonal fruit;

4) drinks (milk, kefir, rosehip drink, dried fruits, berries).

The time from the moment of manufacture to the moment of sale of lunch bags is no more than 2 hours. Before serving, the sandwiches are heated in the oven at 180-200 ° C for 8-10 minutes.

Appendix 13
to the Standards of nutrition in
healthcare and educational
organizations

Special features of nutrition provision for students/pupils with special dietary needs in educational institutions

Reasons for special dietary needs	Information for mandatory provision to pupils/students and their legal representatives	Adjustment of the energy value of meals (caloric content)	Exclusion, restriction of food products, their quantity, or substitution
Diabetes mellitus	the amount of carbohydrates in a dish, drinks, in one meal	not required	not required
Food allergies	the presence of allergens in ready meals	not required	exclusion of food products containing a food allergen or their replacement
Celiac disease (gluten intolerance)	the presence of gluten and its traces in ready meals	not required	exclusion of food products containing gluten and its traces, or their replacement
Lactase deficiency (lactose intolerance)	the presence of lactose in ready meals	not required	exclusion of food products containing lactose or their replacement
Congenital metabolic disorders (phenylketonuria)	the presence of vegetable or animal protein in a dish or drink	not required	dietary nutrition is required based on the recommendations of the attending physician.

Appendix 14
to the Standards of nutrition in
healthcare and educational
organizations

Information about the content of substances in prepared dishes/products that lead to allergic reactions or intolerance

Allergen or Intolerant Substance Index	Decoding allergen or intolerant substance indexes
Г	gluten or its traces
Л	lactose
З	cereal products
РП	crustacean products
Я	eggs
Р	fish
А	peanuts
СБ	soybeans
МП	dairy products
О	nuts
С	celery
ГЦ	mustard
К	Sesame
ЛП	lupine
М	shellfish
АЦ	aspartame and aspartame-acesulfame salt

Note:

1. Information about the presence of an allergen or an intolerant substance in the composition of the prepared dish/product must be indicated in the menu with the appropriate index in parentheses after the name of the prepared dish/product (cottage cheese with sour cream (Л, МП), which indicates the presence of lactose and dairy products in the dish)

2. Information about the indices of allergens or intolerant substances is placed near the menu.

Appendix 15
to the Standards of nutrition in
healthcare and educational
organizations

Food products containing gluten

- 1) wheat, including semolina, bulgur, couscous;
- 2) rye;
- 3) barley;
- 4) oats;
- 5) triticale;
- 6) bread, bakery and confectionery products containing wheat, rye, barley, oat flour, starch (the labeling of which indicates that there may be traces of gluten in its composition), molasses;
- 7) pasta containing wheat, rye, oat flour, starch (the labeling of which indicates that there may

be traces of gluten in its composition);

8) dishes and products made from meat, fish, which contain wheat, rye, barley, oat flour, starch

(the labeling of which indicates that there may be traces of gluten in its composition);

9) dairy products containing wheat, rye, barley or oats;

10) drinks based on malt of barley, wheat or rye;

11) drinks made from roasted grains (barley, rye, wheat) and chicory.

1. Food products labeled with traces of gluten

1) ketchups, mustard;

2) dairy products;

3) potato and corn products;

4) Granulated tea, instant cocoa mixes;

5) dry spices;

6) dried vegetables and fruits;

7) chocolate.

2. List of gluten-free food products

1) vegetables;

2) potatoes;

3) corn;

4) pumpkin;

5) fruits;

6) berries;

7) legumes;

8) cereals: rice, quinoa, millet, amaranth, sorghum;

9) nuts;

10) buckwheat;

11) seeds;

12) eggs;

13) meat

14) fish;

15) dairy products;

16) vegetable oil;

17) water;

18) fruit and vegetable juice;

19) tea;

20) cocoa.

